



Nutrition E-Newsletter for

November 2007

The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and/or by State agencies, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

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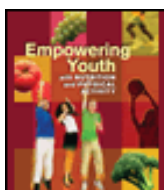
## FNS Announces FY 2007 Team Nutrition Training Grant Recipients

Twenty-three State agencies will receive the FY 2007 Team Nutrition Training Grants. They are: Alaska, California, Connecticut, District of Columbia, Idaho, Illinois, Indiana, Iowa, Kansas, Louisiana, Maine, Maryland, Michigan, Missouri, Montana, New York, North Dakota, Rhode Island, South Carolina, South Dakota, Vermont, Wisconsin, and Wyoming.

During the 2-year grant period, these 23 grantee States will provide training and technical assistance to foodservice staff in the preparation of more fruits and vegetables, whole-grain products, and other healthful foods. They will also support efforts to empower students to make healthy choices and be physically active; reach out to parents, teachers/caregivers, and others to capitalize on the role-model potential they have on children; and encourage elementary schools to take USDA's HealthierUS School Challenge. A brief project description of these 23 States will soon to be posted on USDA's Team Nutrition Web site at <http://teamnutrition.usda.gov/grants.html>

## USDA Team Nutrition's New Publications

### *Empowering Youth:*



A manual for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; tips, worksheets, handouts, discussion prompts and more!

<http://teamnutrition.usda.gov/Resources/empoweringyouth.html>

## ***Nutrition Essentials: Teaching Tools for Healthy Choices***



Nutrition Essentials: Teaching Tools for Healthy Choices is a series of lessons that will help you make healthful eating and physical activity choices. It provides several tools which give you information you need to make educated choices. Nutrition Essentials contains 5 posters: [Food for a Day](#), [How Much Do You Eat](#), [Move It](#), [MyPyramid](#), and [Read It](#). Nutrition Essentials also includes an interactive CD, [NutritionDecision](#), with games and nutrition education information. Nutrition Essentials can be ordered for Team Nutrition Middle and High Schools.

<http://www.fns.usda.gov/tn/Resources/nutritionessentials.html>

## **News from the Healthy Meals Resource System (HMRS)**

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### ***Software used in Nutrient Standard Menu Planning***

As of August 2007, there are eleven USDA-approved software programs available to State agencies, school food authorities and local schools for implementing Nutrient Standard Menu Planning (NSMP) and conducting nutrient analyses that meet School Meals Initiative requirements. Before being approved by USDA, these software programs are tested and evaluated to insure that they meet the specifications and requirements established by USDA for NSMP software.

<http://healthymeals.nal.usda.gov/software.html>

### ***Recipe Finder Coming Soon!***

This online searchable database includes USDA Recipes for Schools and the USDA Recipes for Child Care as well as other quantity recipes. Search the database by ingredient, course or cuisine.

<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>

## **State Developed Materials**

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### ***Launch Your Day with School Breakfast Kit***



This packet was developed to give you ideas on how to celebrate National School Breakfast Week (NSBW) at your school. In this packet, you will find menus, recipes, and other items designed specifically to help you celebrate this event.

<http://tinyurl.com/25qk36>

### ***Quick Steps to Fruits and Vegetables Galore, and Dairy Too!***



This training, part of a 2004 Team Nutrition Training Grant awarded to New Jersey, is aimed at training school foodservice managers to incorporate more milk or other calcium rich products and more fruits and vegetables into their operations, in both meals and a la carte offerings. Includes some materials for students.

<http://tinyurl.com/ytohj4>

For more State developed materials visit <http://healthymeals.nal.usda.gov/state.html>

For USDA Developed Team Nutrition Materials, visit: <http://teamnutrition.usda.gov/library.html>



## Team Nutrition E-Newsletter

### About USDA's Team Nutrition

Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide training and technical assistance to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated nutrition education for children, their parents, and other adults who influence children's behavior; and 3) build school and community support to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://teamnutrition.usda.gov/team.html>

What's new on USDA's Team Nutrition Web site? Check it out at <http://teamnutrition.usda.gov>

Submit your comments and suggestions regarding this Team Nutrition e-newsletter to the Healthy Meals Resource System ([hmsr@nal.usda.gov](mailto:hmsr@nal.usda.gov))

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